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Your essential daily news | MONDAY, DECEMBER 7, 2015

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Hitmen players Michael Zipp, Taylor Sanheim and Kenton Helgesen rejoice in bundles of fur after the team scores its first goal against Swift Current during the 21st Annual Teddy Bear Toss on Sunday.

JEREMY SIMES/FOR METRO



BEAR-IED IN TEDDIES

Hitmen score stuffed toys for children in need

metroNEWS

Vital drug approval a year away

FENTANYL

Life-saving reclassification is necessary: Advocates



Ryan Tumilty
Metro | Edmonton

It could be more than a year before a life-saving medication for fentanyl overdoses is available without a prescription, as advocates and Health Minister Sarah Hoffman had hoped.

Last week, Hoffman asked the federal government to consider making naloxone, which can prevent fentanyl or any opioid overdose from becoming fatal, to be reclassified so it's available

without a prescription.

Health Canada launched a review earlier this year, but the process takes about 18 months.

"The department commenced a review of the prescription-only status of the opioid overdose treatment naloxone and is approaching this matter on an urgent basis," said Maryse Durette, a Health Canada spokeswoman. "A change in prescription status would be the first step."

Alberta had 213 fentanyl overdoses in the first nine months of this year. Hoffman said they are also looking at other steps.

"My office and ministry officials have been in contact with the federal government, asking them to fast track their review," she said. "We are also exploring all other options to increase access to this life-saving drug as soon as possible," she said.

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TRANSPORTATION

Cycle tracks slow car travel time

A report on the cycle track going before a council committee shows that the designated pathways do slow down automobile traffic — but not by much.

As part of the study of the new downtown cycle track network, the city looked at automobile travel times along routes that had cycle tracks installed.

They found that on average, peak travel time for automobiles increased anywhere from 10 seconds to two minutes, or the equivalent of one or two extra stoplights.

The report said 12 Avenue's cycle track saw the greatest increase to average auto travel time at 120 seconds.

Eighth Avenue's track

95%

The increase the city has seen in the number of daily trips on the cycle track between Sept. 2014 and Sept. 2015.

had a 10 second increase at peak afternoon travel, and 40 seconds more in the morning rush.

Overall, the city has seen a 95 per cent increase in the number of daily trips made along the cycle track between September 2014 and the same month in 2015.

This despite 2015 being an average of 11 degrees cooler.

METRO

MT. ALLAN

Child taken to hospital in critical condition

A nine-year-old skier was reported in critical condition after being airlifted by STARS to the Alberta Children's Hospital Sunday.

She was initially discovered on a hill on Mt. Allan, Nakiska, after other skiers found her unconscious and unresponsive just after 1 p.m.

EMS was dispatched from Kananaskis and Nakiska ski patrol arrived within moments of being notified and initiated CPR.

The girl was moved down the hill to paramedics waiting at the bottom. Incoming paramedics requested STARS attend the call, and worked together to treat the patient at the scene before flying her to hospital.

EMS said it is still undetermined what led to her condition, though it is believed she crashed on the hill.

They said no one else was involved in this incident.

METRO

Study finds link between energy drinks, diabetes

HEALTH

Insulin levels spike after teens drank beverage



Jeremy Simes
For Metro | Calgary

The controversy surrounding children consuming caffeinated energy drinks continues, as a University of Calgary researcher has found a link between diabetes and energy drink consumption.

Dr. Jane Shearer, associate professor in the faculty of kinesiology at the University of Calgary, said her study suggests caffeinated energy drinks could cause blood insulin levels to jump, ultimately making it harder for the body to regulate blood sugar levels.

Shearer and her colleagues recruited 20 teenagers — 10 boys and 10 girls — who were to consume a caffeinated or de-caffeinated 5-Hour Energy Shot.

Forty minutes later, the groups was given a high dose of calories, which contained some sugar. The beverages were sugar free.

After two hours of consumption, researchers would test the glucose levels.

They found teens who consumed the caffeinated energy shot had a 25 per cent increase in blood glucose levels and a 26



Twenty teens were given 5-Hour Energy Shots, as well as food, and their blood sugar and insulin levels was monitored in a recent University of Calgary study. BRODIE THOMAS/METRO

per cent jump in insulin levels, meaning they couldn't metabolize sugar as well as those who took the de-caffeinated shot.

As a result, people's bodies are releasing more insulin to clear blood sugars when ingesting a "carbohydrate load" in the presence of caffeine, she said.

Why is that concerning?

Shearer said high glucose and insulin levels are factors that contribute to serious diseases, including Type 2 diabetes and

cardiovascular disease.

It's more troubling for children and teenagers — they're smaller than adults, meaning they're more likely to ingest higher amounts of caffeine per kilogram of body mass, she said.

She said it's important for teens to watch the consumption of such beverages as it'll likely affect them later in life.

She noted caffeine found in energy drinks isn't the same kind that's in coffee, as caffeine in coffee

is plant-based where energy drinks contain a drug-format of the substance.

For the next trial, researchers will be getting adolescents to consume energy drinks that contain both caffeine and glucose.

They'll be asked to drink two servings of "large format" energy drinks per day, or a regular drink each day for three days.

She said she expects that trial will also disturb blood glucose levels.

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Does the anti-Muslim graffiti at the Tuscany C-train station change your perception of Calgary?

BRODIE THOMAS METRO



Jen Henning

No, because there's people like that everywhere. Some people just need to grow up.



Anthony Gustaffe

Just because of one little thing – It doesn't mean every other Calgarian is like that, so it didn't change my perspective at all.



Darcy Saftner

No, but there's always going to be hate, everywhere.

Domestic violence numbers sobering

SOCIAL SERVICES

2015 incident tally at 2,322 and counting



Aaron Chatha
Metro | Calgary

Domestic violence incidents are on the rise in Calgary — 2015 has seen the highest number of reported cases since 2010, according to data from the Calgary YWCA released in time with the Dec. 6 anniversary of the École Polytechnique massacre.

Data provided by the YWCA indicates in 2010, there were 1,949 reported cases of domestic violence. In 2015, that number has risen to 2,322. As well, the number of domestic conflict incidents, without physical violence, has increased from 9,921 to 12,280 in the past five years.

Elsbeth Mehrer, director of external relations with the YWCA, said the numbers don't necessarily mean there is more



Landmarks such as the Calgary Tower shone red on to honour women who lost their lives to domestic violence. AARON CHATHA/METRO

domestic violence in Calgary than five years ago. Due to increased awareness about domestic violence, more women may be willing to step forward and seek help by calling the police or reaching out to shelters and crisis lines.

"Any time we see these kinds of figures coming out, I think it's important for us to remem-

ber those are only the police reported incidents of domestic violence in our community," she said. "We know many women are reluctant to call police and reluctant to reach out when abuse is happening in their homes."

Dec. 6 has been declared a national day of remembrance, in honour of the 14 women murdered in 1989 at École Polytechnique in Montreal. The killer was targeting women.

The Calgary Tower, Langevin Bridge and McMahon Stadium shone red to honour all women who lost their lives.

"As Calgarians, we all have a role to play. It's about being supportive listeners," said Mehrer. "Being able to acknowledge and validate what's happening to people and be able to say to them, can I help you find some assistance? What can I do to support you to be safe in your relationship?"

Mehrer said the dialogue around violence against women and gender-based violence must continue.

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TRANSPORTATION

CBE begins rollout of bus credit cards



Aaron Chatha
Metro | Calgary

Students across the Calgary Board of Education system are getting new, credit card-like passes, but so far only two schools, Varsity Acres and Panorama, are requiring their students to scan the cards during their morning and after-school bus rides.

"We want to make sure when we roll it out to everybody, we've worked out any potential challenges," Carrie Edwards, director of planning and transportation with the CBE, said.

Edwards said there is a long-term plan to get the ZPasses into place and used system-wide, however, there is no fixed timeline for when that could occur.

Eventually, parents will be

able to tell when and where students got on and off the bus using an app.

"The idea behind it, is that it will allow us to know where, when and what bus the students got on and off of," said Edwards.

"For instance, if a child got off a bus at the wrong stop, we would be able to go online and track where that student got off and what time."

The ZPasses were included

in the September transportation fees and should students lose them, replacement cards will cost parents \$5 dollars each time.

Edwards said not only will the system, which will align with the use of Zonar GPS installed on buses, help increase the safety of students across the school system, but it will also provide more accurate information for transportation planning.

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Chris Jost is hoping to significantly increase the number of charity cribs being filled. CONTRIBUTED

Crib charity linking up

DONATIONS

Organization looking for fresh donors in holiday drive



Brodie Thomas
Metro | Calgary

If you've got room for a crib in your workplace, you may be able to help an infant in need throughout the coming year.

For the past several years, NeighbourLink has been putting cribs in Calgary businesses as collection points for infant supplies.

Everything, including the crib, goes to a family in need according to Chris Jost, executive director of NeighbourLink.

Last year they sent out 27 cribs, but this year there are 105, thanks to donations from local Rotary Clubs.

NeighbourLink is still looking for about 40 businesses to take cribs into their offices by Dec. 10.

Jost said at most offices, the

corporation pays for the cost of delivery, while staff fill the crib with necessities, such as diapers, formula, and other infant necessities.

He said they don't need to go into a retail setting with high customer traffic — any workplace will do.

"Delivery and pickup of the crib is \$150 and we're not making a penny on that, or you can pick one up yourself for free," said Jost.

He added that they have one extra large display crib that could go in a large lobby or shopping mall, if someone thinks they have the space.

There is no minimum donation needed to take part.

"We have some businesses that fill the crib once and send it back, and we have others who fill it 25 times because they're in an office tower. It's whatever you can give."

He said they don't need to be picked up until after the holiday season, but they are trying to get them out by this Thursday.

Jost said NeighbourLink has been asked to help with Syrian refugees, so he expects the need for supplies will be greater than ever in 2016.



We have some businesses who fill a crib 25 times

Chris Jost

TEDDY TOSS

'Lots of flying bears!'



Jeremy Simes
For Metro | Calgary

The 21st annual Petro-Canada Teddy Bear Toss was the first for Holly Wilkie and her son Colton.

"There were lots of flying bears!" Colton said, after thousands hurled countless stuffed animals over onto centre ice in the Scotiabank Saddledome on Sunday afternoon.

"It was so fun," Colton said, who got the tickets for his seventh birthday.

The winning goal was scored by No. 17 Jordy Stallard early in the second period, tying the game after the Swift Current Broncos scored midway through the first.

Stallard, a rookie from Brandon, Man., said scoring the winning goal was rewarding.

"It's unbelievable," he said. "It's great to see so many come out and support this."

Colton said he's happy his six bears will go to kids who don't have a stuffy.

"It's good other kids will have a bear," he said.

His mom, Holly, said their first bear toss will be a memorable.

"It's amazing," she said. "This is one of the little things we can do to help kids in need."

Over the years, the Hitmen have collected 270,604 bears, including a world record 26,919 stuffed toys in 2007.

More than 50 agencies will benefit from the free-throw fur fiesta, including the Calgary Food Bank, Stephen's Backpacks, the Salvation Army and Siksika Children's Services.

Parents fighting to save infant daughter's life

HEALTH

Girl who beat rare cancer may be taken off life support



Lucie Edwardson
Metro | Calgary

Will Mammo and Anna Motsyk feel as though they have been tossed out to sea without life preservers and told to find their way back to shore.

The parents of eight-month-old Hermella, to be taken off life support this Thursday if a court injunction is not passed by a judge Monday, said they are at a loss. But at the same time, they're optimistic their daughter will beat the odds yet again.

"They said she wouldn't beat the cancer, and she did. They said she was brain dead and now she opens her eyes and wiggles her fingers and toes, she gets goose bumps," said Motsyk.

Hermella, who is currently in the Alberta Children's Hospital, was diagnosed at 2 months old as the youngest ever documented patient with an adrenal cortical tumour, an extremely rare form of cancer.

After successful treatment of the tumour in Toronto, Hermella experienced a setback when she was diagnosed with a rare spinal cord and brain stem virus and pronounced brain dead.

Hermella shocked and awed everyone around her when she began opening her eyes, moving her hands and feet and,

according to her parents, responding to their voices.

"In August we were told she was blind and deaf and would never see or hear," said Motsyk. "They said she was dead, and now they are saying, 'Oh, she's not dead, she's just very sick.'"

Mammo said after Hermella was diagnosed with the brain stem and spinal cord virus, they asked the doctors to supply them with previous similar cases so they could understand what their daughter's chances were for themselves.

"They kept stalling on us, no one was willing to help us," he said.

Mammo said after asking every day since Aug. 11 for the other case files, they finally received them Nov. 27.

"The prognoses that they gave to us were actually inaccurate and nothing like Hermella's case," he said. "They were patients who were up to the age of 50, who were HIV positive. They were basically letting this kill her."

Motsyk and Mammo said they have spent nearly every waking hour over the last six months at their daughter's side, watching her progress and slowly recover, but on Wednesday the young parents were told by their medical team their daughter wasn't progressing fast enough and would be taken off life support this coming Thursday.

"We're shocked, and we're sitting there and they tell us the only way you can stop this is to get an injunction," said



We're lost, we're drained ... There is medical evidence that she is alive, and they still won't save her.

Anna Motsyk, mother of Hermella, currently on life support.

will decide if their daughter will live or die.

Hermella's case is being supported by the Open Arms Patient Advocacy Society.

"This case gets to the heart

of the work Open Arms does for Alberta families. The case highlights that health care must include compassionate care," said Tianna Melnyk, chairperson for Open Arms.

"With compassion for patients comes trust in health-care providers."

In the meantime, the doctors have put a "do not resuscitate" order on Hermella's file. Hermella will either die as a result of being taken off life support Thursday or due to breathing difficulties or other complications between now and then.

"Basically they are telling

us if your daughter is going to die, we are going to let her die," said Motsyk.

The parents said they couldn't understand how the medical team can give up on their baby who has beat the odds time and time again.

The couple will defend their daughter's case on Monday, and said they have documents in the form of letters from doctors at the Stollery Children's Hospital that back them up, as well as every step of Hermella's journey ready to lay out for the judge.

"We're lost, we're drained," said Motsyk.

"There is medical evidence that she is alive, and they still won't save her. We're begging them for more time."



Will Mammo and Anna Motsyk hold a photograph of their daughter Hermella, who they call their 'miracle angel.' LUCIE EDWARDSON/METRO

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Refugees say that it's a shock to arrive in winter

WEATHER

Agencies collecting coats, gloves, hats, boots

It was a frigid February in 1985 when Getachew Woldeyesus arrived in Saskatchewan as a refugee.

The young man from Ethiopia stayed inside for two months.

"Because you don't know, is it slippery out there? Are you wearing the right shoes? It's freezing out there, so I was afraid to go out," Woldeyesus recalled in an interview with The Canadian Press.

Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. Social agencies, church groups and private citizens across the country have been

organizing donations of clothing with an emphasis on coats, gloves, hats and winter footwear.

Woldeyesus was 19 when he fled his home country in 1980 because of a civil war. He spent a few days in Sudan and a few years in Italy before finally being approved to resettle in Canada.

It was difficult to leave his family behind and make the dangerous journey.

When he finally got to Regina, Woldeyesus received support from the Regina Open Door Society. A volunteer mentor helped him get through the winter.

"The volunteer was more encouraging and he was more supportive. He was always with me and trying to show me how to dress properly for winter. Also, Open Door provided a lot of information so, using that, I was able slowly to go out," said Woldeyesus, who is now the society's manager of settlement and family services.



A motorist attempts to move his car in Halifax on March 18. Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. THE CANADIAN PRESS FILE

"The first winter was better. The second ... you started getting used to it. But of course it's shocking for the people to arrive in winter."

Ali Abukar agrees. Abukar fled Somalia and lived in Egypt as a refugee before arriving in Canada

in 2011. He lived in Ontario before moving to Saskatoon in the winter of 2013.

"I think what also made it very difficult for me was the wind chill," he said.

Abukar, who is now executive director at the Saskatoon Open Door Society, said

sometimes refugees and immigrants don't know what clothes to wear in the winter.

"We bring nurses or people who can talk about the problems that people can get exposed to if they don't dress properly," said Abukar.

THE CANADIAN PRESS

TERRORISM

Report flags protests

Intelligence officials are concerned that extremists might infiltrate peaceful anti-petroleum protests to "incite violence," a newly disclosed assessment indicates.

The federal analysis of threats to the passenger rail system introduces a new twist to the often tense debate over state scrutiny of environmental demonstrators — that otherwise harmless activists might unwittingly harbour dangerous terrorists.

The assertion — contained in a Transport Canada intelligence report — led one defender of civil liberties to ask whether there is evidence to support it.

"I do think it's dangerous to start painting activism as a potential cover for terrorist activities," said Cara Zwibel, director of the fundamental freedoms program at the Canadian Civil Liberties Association.

The Canadian Press recently obtained a copy of the six-page, November 2014 analysis by Transport's security intelligence assessment branch.

THE CANADIAN PRESS

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POLITICS

PM's Senate plan unfit: B.C. premier

British Columbia's premier says the Trudeau government's plans for a more independent, non-partisan Senate will make the much-maligned institution even worse than it already is.

Christy Clark says the new process for appointing senators on merit will give legitimacy to an unelected, unaccountable upper house in which her province will remain grossly under-represented.

B.C. gets only six senators in

the 105-seat chamber, although it's the third largest province with a population of about 4.7 million.

By contrast, the three tiny maritime provinces, with less than two million people combined, are entitled to 24 senators, as are Ontario and Quebec.

Democratic Institutions Minister Maryam Monsef announced last week the creation of an independent, five-member advisory board to recommend a

short list of five non-partisan nominees to fill each vacancy in the Senate.

Two of the board's members are to represent the province in which the vacancy arises, but Clark told the Global TV show West Block that her government won't participate in the new process because it doesn't want to validate it.

"The process doesn't make the Senate any better," Clark told host Tom Clark.

"I would argue that it actually makes it worse because the Senate is completely unrepresentative of the provinces."

Clark added: "The Senate doesn't work now. The only other thing that could make the Senate worse would be having all of these unaccountable, unelected patronage appointments starting to think that they are somehow legitimate and have the power to make decisions on behalf of our country."



Canadian Salim Alaradi and his son, Mohamed Alaradi, are on a family vacation in the United Arab Emirates in 2013.

THE CANADIAN PRESS

Teen wants dad home

MIDDLE EAST

Man arrested on vacation in the U.A.E.

An Ontario teen is calling on the new Liberal government to secure the release of her father, who has been languishing in a United Arab Emirates prison without charge for more than a year.

Marwa Alaradi has written to Prime Minister Justin Trudeau and every MP on Parliament Hill asking for Canada to intervene in her family's ordeal.

"We want them to negotiate with the U.A.E., to understand what's going on," she told The Canadian Press in an interview. "I showed them that I need help."

Salim Alaradi, a 46-year-old Canadian of Libyan origin who was running a business in Dubai, was abruptly detained without explanation in August last year.

His daughter now hopes an intervention from the federal government may help set her

father free.

"It's not a case of a criminal, my father did nothing wrong, he was a normal person."

Alaradi was born in Libya and immigrated to Canada from the U.A.E. in 1998, living in Vancouver with his family. He decided to return to the U.A.E. in 2007 to run a home appliance business with his brother.

He and his family were on vacation in the U.A.E. when he was

arrested. For two months his family didn't know if he was dead or alive. They then found out he was being held at an Abu Dhabi prison, though they have never



My father has been going through injustice for more than a year now.

Marwa Alaradi

been told why.

The family's communication with Alaradi has been limited and they have expressed concerns that he is being mistreated behind bars.

Amnesty International has noted that Alaradi was among 10 men of Libyan origin reportedly detained in the U.A.E. at the same time.

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IN BRIEF

McKenna to serve as COP21 facilitator

Federal Environment Minister Catherine McKenna has been named to a group of 14 international ministers who will serve as facilitators of the COP21 climate conference in Paris. The group was created to assist French Foreign Affairs Minister Laurent Fabius, the

conference's president.

THE CANADIAN PRESS

Two killed in Montreal balcony collapse

Two Montreal men are dead and another is in critical condition after the railing of a third-floor apartment balcony gave way early Sunday morning. They fell about 10 metres.

THE CANADIAN PRESS

66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

deals in U.S. property?" The answer is an emphatic YES.

Real estate investors on the Turnkey Trainings team know the right way to buy property. No matter what the economy is doing. Using their proprietary techniques, you too can find screaming bargains in the U.S.

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The Vancouver couple pictured here, were able to buy an entire trailer park in Florida for half off. Their investment brings them a 23% net annual return on their money. Would you like these types of returns?

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- How to get funding for your deals, so you never have to tie up your own money or use your credit! We'll give you a free funding certificate just for attending!
- How to beat the house flipping wizards by becoming a wholesaler to hedge funds
- New zero money down strategies! News to you no matter how many real estate seminars you may have attended!
- How to close property deals over the phone in 9 minutes or less

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UNITED STATES

Obama vows to beat terror threat

In a rare Oval Office address, U.S. President Barack Obama vowed Sunday night the United States would overcome a new terror threat that seeks to "poison the minds" of people here and around the world, as he sought to reassure Americans shaken by recent attacks in Paris and California.

"I know that after so much war, many Americans are asking whether we are confronted by a cancer that has no immediate cure," he said, speaking from a lectern in his West Wing office. "The threat from terrorism is real, but we will overcome it."

Obama's 13-minute address is likely to leave his critics dissatisfied. He announced no significant shift in strategy and offered no new policy prescriptions for defeating the Islamic State of Iraq and the Levant (ISIL), underscoring both his confidence in his current approach and the lack of easy options for countering the extremist group.

He did call for a review of the visa waiver program for people seeking to come to the U.S. and said he would urge private companies and law enforcement leaders to work



U.S. President Barack Obama
THE ASSOCIATED PRESS

together to ensure potential attackers can't use technology to evade detection.

He also called on Congress to pass new authorization for military actions underway against ISIL in Iraq and Syria and to approve legislation to keep people on the "no-fly list" from buying guns.

Obama also reiterated his call for tightening gun laws, saying no matter how effective law enforcement and intelligence are, they can't identify every would-be shooter. He called it a matter of national security to prevent potential killers from getting guns.

THE ASSOCIATED PRESS

SYRIA

Airstrikes hit ISIL's de facto capital

Airstrikes hit several positions of the Islamic State of Iraq and the Levant (ISIL) in its de facto capital of Raqqa, Syria, on Sunday, killing and wounding at least 32 people, opposition activists and social media pages loyal to ISIL said.

A Raqqa-based activist group that reports on ISIL, known as Raqqa is Being Slaughtered Silently, said warplanes struck

ISIL positions but had no word on casualties.

A Facebook page used by ISIL supporters said the airstrikes were carried out by Russian warplanes while the Britain-based Syrian Observatory for Human Rights said they are believed to be from the U.S.-led coalition that began targeting ISIL in Syria in September 2014.

THE ASSOCIATED PRESS



People pay respects Sunday at a makeshift memorial honoring the victims of Wednesday's shooting rampage in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

City calls for unity as it grieves its dead

SAN BERNARDINO

Wife may have radicalized husband: investigators

At a church, a mosque, a makeshift street-corner memorial and other sites, they gathered Sunday to mourn the 14 victims of the San Bernardino, Calif., shooting massacre and lament that the community now joins the list of U.S. cities scarred by terrible violence.

Residents struggled to come to terms with the violence and

hoped the community would unite in mourning and not be divided by the disclosure that the killers were a religious Muslim couple.

"It's unfortunate that we're on this list now, a list like Newtown, Aurora and others where such tragic events occurred," Rep. Pete Aguilar, D-Calif., told a crowd at a mosque. "It's not how I want San Bernardino remembered."

Meanwhile, investigators were looking into what led Tashfeen Malik and Syed Farook to attack the gathering of Farook's co-workers on Wednesday, in what appears to be the deadliest attack on Amer-

ican soil by Islamic extremists since 9/11.

Authorities were trying to determine if Malik, who was born in Pakistan and spent considerable time in Saudi Arabia, radicalized her American-born husband, Farook, and was the driving force behind the rampage, two officials said Sunday.

That possibility emerged late last week when it was disclosed that Malik had pledged allegiance to the Islamic State of Iraq and the Levant (ISIL) group in a Facebook post about the time of the bloodbath at a holiday luncheon.

Malik, 29, and Farook, 28, were killed in a furious shoot-

out with police hours after the attack.

On Sunday, scores of mourners visited a growing memorial on a corner near the social service centre where the shootings took place. There were American flags, a poster that read "Pray for the world," balloons, candles and cards. Many said they hoped the community would pull together.

"I'm trying to use it as a teaching thing for myself and for my children that horrible things happen, but it doesn't mean that everybody is a horrible person," said Eric Abrams, of San Bernardino.

THE ASSOCIATED PRESS

FRANCE

National Front leads regional elections, projections say

France's far right National Front won more support than any other party in the first round of regional elections Sunday, according to polling agency projections.

Polling agencies Ifop, OpinionWay and Ipsos projected the National Front won between 27 and 30 per cent support nationwide. But some mainstream voters may steer away from far right candidates in the decisive Dec. 13 runoff.

THE ASSOCIATED PRESS



Former French president and leader of Les Republicains party Nicolas Sarkozy and former first lady Carla Bruni-Sarkozy cast their ballots in Paris on Sunday. THE ASSOCIATED PRESS

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Syrian President Bashar Assad says British airstrikes in Syria against the Islamic State of Iraq and the Levant (ISIL) are doomed to fail. THE ASSOCIATED PRESS/SANA

Airstrikes are 'illegal,' says Assad

MIDDLE EAST

Syrian leader says they do more harm than good

British airstrikes in Syria against the Islamic State of Iraq and the Levant (ISIL) are illegal and doomed to fail, Syrian President Bashar Assad said in remarks published Sunday.

Assad said in an interview with Britain's Sunday Times that ISIL cannot be defeated with airstrikes unless there is co-ordination with forces on the ground. His comments were carried by Syrian state news agency SANA on Sunday.

British warplanes began launching airstrikes in Syria on Thursday, hours after Parliament voted to authorize air attacks against ISIL targets there.

Assad has said the only airstrikes that have worked against ISIL are those carried out by Russia, which is co-operating with Syrian government forces. Syrian troops have captured areas from ISIL since Moscow began its air

campaign on Sept. 30.

Assad mocked British Prime Minister David Cameron's claims that there are 70,000 moderate Syrian rebels on the ground.

"Let me be frank and blunt about this. This is a new episode in a long series of David Cameron's classical farce, to be very frank. This is not acceptable. Where are they? Where are the 70,000 moderates that he is talking about?" Assad asked.

"That is what they always talk about: moderate groups in Syria. This is a farce based on offering the public factoids instead of facts," Assad said in the interview, which was conducted before the British Parliament authorized the attacks.

Speaking about the British airstrikes, Assad said they "will be harmful and illegal, and it will support terrorism as what happened after the coalition started its operation." Assad was referring to the U.S.-led coalition that began launching airstrikes against ISIL in Syria in September 2014. ISIL has lost territory in northern and central Syria since those strikes began, while expanding into other parts of the country. THE ASSOCIATED PRESS



This is a new episode in a long series of (British Prime Minister) David Cameron's classical farce, to be honest.

Syrian President Bashar Assad

MIDDLE EAST

Yemeni governor killed in explosion

A huge explosion killed the governor of Yemen's southern Aden province and six of his bodyguards on Sunday, security officials said, in an attack that was later claimed by a local Islamic State of Iraq and the Levant (ISIL) affiliate.

If true, it would be the most high-profile assassination carried out by ISIL in Yemen. The war-torn country is home to what Washington considers the most dangerous al-Qaida off-

shoot, which controls parts of the country, mainly in the east and the south. However, ISIL's local affiliate has been stepping up its attacks lately, including an explosion at a mosque and targeted suicide car bombings.

Gov. Gaafar Mohamed Saad was travelling to his office Sunday when the explosion struck his convoy in the southern port city. Authorities are investigating the exact cause of the explosion. The officials spoke on

condition of anonymity because they were not authorized to brief the media.

An ISIL affiliate claimed the attack in a statement circulated online by supporters, saying the bomb was concealed in a parked car along the convoy's route. The group referred to Saad as a "tyrant" and warned the "heads of the infidels" in Yemen that it would carry out "operations to chop off their rotten heads."

ISIL has claimed a series of bombings that killed 159 people and wounded 345 this year in Yemen, according to an AP count. That includes explosions in September targeting worshippers in a mosque in the capital Sanaa that killed more than 20 people, and suicide car bombings targeting exiled Yemeni officials and Saudi and Emirati troops which killed at least 15 people in Aden in October. THE ASSOCIATED PRESS

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Venezuela's socialist government on line

DEMOCRACY

Election tests house that Chavez built

The socialist system built by Hugo Chavez faced its gravest electoral test Sunday as Venezuelans cast ballots in what seems to have become a tightening race for control of the national legislature.

Voters woke to state-sponsored fireworks and music in working-class parts of Caracas. Wealthier neighbourhoods, which tend to favour the opposition, were spared the early morning cacophony.

Venezuelans of all inclinations began lining up before polling stations opened, anxious to cast their ballots early in case violence should break out later in the day.

Until recently, the opposition was seen as coasting to its first major electoral victory since Chavez became president in 1998, with Venezuelans tired of ram-



Soldiers monitor a polling station during congressional elections in Caracas, Venezuela. FERNANDO LLANO/THE ASSOCIATED PRESS

pant crime, routine shortages of basic goods and inflation pushing well into triple digits. The economic crisis has worsened with this year's slump in oil revenue, which funds almost all public spending.

But support for President Nicolas Maduro's rule, a good proxy in deeply polarized Venezuela, recently jumped 11 points, to 32 per cent in late November, according to a survey by respected local pollster Datanalisis.

Analysts attributed the bounce to an aggressive government campaign of funneling resources to key districts and warning voters that Chavez's legacy of social programs would be lost if the opposition took control of the National Assembly.

Douglas Flores was eager to vote for the ruling party out of gratitude for the house the government gave his family three years ago, allowing them to move out of a shack.

"I don't believe it when the opposition says they'll look out for the poor. Those guys were in power for years before Chavez came, and they never gave us a single thing," he said.

The opposition, with little cash and little access to broadcast media, has struggled to compete in far-flung rural districts against the government's campaign machine.

Still, even a small victory would provide an important lift to the frequently outmanoeuvred opposition. The socialist party has often touted its unbroken chain of electoral victories over the past 17 years to defend itself against allegations it's undemocratic.

The government drew criticism from the U.S. and other governments for tactics that appeared to tilt the playing field, including printing a confusing ballot with a mysterious party listed next to the opposition coalition with a nearly identical logo and name. THE ASSOCIATED PRESS

TERRORISM

Stabbing in Tube shocks Londoners

Counter-terrorism police in Britain on Sunday investigated a stabbing at a London Underground station in which a man brandishing a knife injured two and reportedly said, "This is for Syria."

Police arrested a 29-year-old man late Saturday and said they are treating the "violent unprovoked knife attack" at east London's Leytonstone subway station as a "terrorist incident."

British media widely reported that the suspect linked his actions to Syria after the attack. The incident comes just days after Parliament approved British airstrikes on Islamic State group targets in Syria.

One man suffered serious knife injuries and was in the

“

You ain't no Muslim, bruv.

Witness to attack

hospital in stable condition. Another received minor injuries, while a woman was threatened but not hurt. Video shot by witnesses showed a pool of blood as the suspect lunged at several police officers. One bystander can be heard shouting at the suspect: "You ain't no Muslim, bruv." The phrase, using slang for "brother," was quickly picked up by Twitter users to show their contempt for the suspect and extremism. THE ASSOCIATED PRESS



IN BRIEF

Ukraine still a priority: Biden

U.S. VP Joe Biden arrived in Ukraine's capital on Sunday for a visit aimed at pushing reforms and reassuring the country the crisis in Syria is not overshadowing Washington's concerns about Ukraine. Fighting be-

tween Ukrainian forces and Russia-backed separatists has slowed, but tensions are high. The U.S. will maintain sanctions against Russia until full implementation of the mediated agreements between Ukraine and Russia.

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Filipinos hold a poster with a picture of Pope Francis during the Climate Solidarity Prayer March in Manila last month. Pope Francis' encyclical calling global warming a moral issue has energized faith groups to get involved. THE ASSOCIATED PRESS FILE

Scientists enlist help from a higher power

CLIMATE TALKS

Interfaith community calls for action on warming

The cold hard numbers of science haven't spurred the world to curb runaway global warming. So as climate negotiators struggle in Paris, some scientists who appealed to the rational brain are enlisting what many would consider a higher power: the majesty of faith.

It's not God versus science,

but followers of God and science together trying to save humanity and the planet, they say.

Physicist John Schellnhuber, founder of the Potsdam Institute for Climate Impact Research in Germany, said he has been coming to these international talks for 11 years and essentially seen negotiators throw up their hands and say "sorry guys, we tried our best." And no one protested. But this time, with the power of Pope Francis' encyclical earlier this year calling global warming a moral issue and an even more energized interfaith community, Schellnhuber feels the

world's faithful are watching and will hold world leaders accountable.

In the first five days of climate negotiations, interfaith activists came, fasted, talked to media, buttonholed leaders and prayed. On Saturday night in a downtown Paris chapel, hundreds of people, many of them prostrated on the ground, sang and prayed for the climate negotiators and mostly for the world. Faith "is much deeper" than science, said Caroline Bader of the Geneva-based Lutheran World Federation.

And so are their numbers. Bader said interfaith leaders recently handed top United

+ DRAFT

Agreement reached

Negotiators adopted a draft climate agreement Saturday that was cluttered with brackets and competing options. The 48-page draft agreement was sent to environment and foreign ministers who will work on it this week.

Nations negotiators a petition with 1.8 million signatures begging for meaningful climate action.

THE ASSOCIATED PRESS

TRADEMARKS

Trump cashes in on Central Park name

Donald Trump is arguably New York City's most famous resident, and he's made some of his money off the name of one of its most famous public landmarks: Central Park.

The Republican presidential candidate has trademarked the words "Central Park" on items including furniture, chandeliers and even key chains.

Records show Trump first put a trademark on the name in 1991, when the city's crime rate was near its height and Central Park had a less-than-glamorous reputation.

The trademark has expanded over the years and was most famously used on a line of Trump-branded furnishings, including tables, beds, lamps, pillows and picture frames.

A Trump spokesman declined to say how much money has been made off the trademark, which was first reported by the cable news channel NY1.

THE ASSOCIATED PRESS



Donald Trump, seen in New York's Central Park in this 1986 photo, holds a trademark to the words "Central Park." THE ASSOCIATED PRESS FILE

IN BRIEF

Blueprints offer glimpse of dumped Disney park

A Disney theme park in St. Louis? It almost happened, but dispute over money doomed the project. Now one of the few remnants of the Disney park that might have been is going on the auction block — 13 pages of 1963 blueprints spelling out plans for "Walt Disney's Riverfront Square" in St. Louis. THE ASSOCIATED PRESS

Oil rig owner appeals for help in search for bodies

Azerbaijan's state oil company SOCAR said Sunday that it was still searching for 29 workers missing after a fire swept through an offshore oil platform. But it has also asked the four other countries who share the Caspian Sea to search their own territorial waters for bodies of the oil workers. THE ASSOCIATED PRESS



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ROSEMARY WESTWOOD

metroview

'Tis the season for hangry (hungry+angry) travelling

Where are they?

The flight attendants? We took off 30 minutes ago — I just checked — and you know what that means? Food and beverage service!

One of them is serving first class — here comes the wine — and I'm fantasizing about pressing the call bell (which I never do) because I want to know: Are you going to feed the common people or not?

I already ate the sticky-sweet energy bar I brought for emergencies. But the situation is worse than I thought. You know what I really want? A double quarter-pounder with fries and a chocolate shake. This is travel, and desperate times call for fat, sugar and salt in abundance.

This non-TV flight took off from Washington-Dulles, the capital of Am'rica. And you know what should be easier than finding pee on an airport toilet seat? Finding the Golden Arches in the bloody U.S. of A.

It's my fault for booking a short stopover. I was thinking I'd save time, but I really just cemented my chance of starving to death before reaching my final destination. There was no way I could wait in line (another line!) behind 30 other starving people at the random burger joint that doesn't seem to do fast food, despite the fact that people trying to catch flights don't have time for your handcrafted patties and marinated bull!

So, I'm in the window seat

and the lanky teenager next to me is already doing the mouth-gape head-back doze, one boney knee clearly on my side of the invisible leg divide, which means I can't get up to demand service from the men and women in blue (always blue). Except even in my fantasy, the outrage is downgraded to a passive-aggressive "Excuse me? But, I was just wondering? Does this flight offer food?" Being Canadian is so anticlimactic.

These tiny seats are the adult version of being strapped into a stroller, helplessly crying that you're hungry or thirsty.

Oh sure, not all flights are as desperate as this one. Once, I took two Valium tablets and had a few glasses of wine and floated all the way from London to Vancouver. If I didn't know better, I'd say Valium is the only way to travel, plus points for retro. I'd take some Valium right now.

OK, here they come. Slowly. I'm shaking my leg. My wallet's been out for ages. Time for some cheddar cheese spread on two crackers, and a gluten-free cookie. Survival.

These tiny seats are the adult version of being strapped into a stroller.

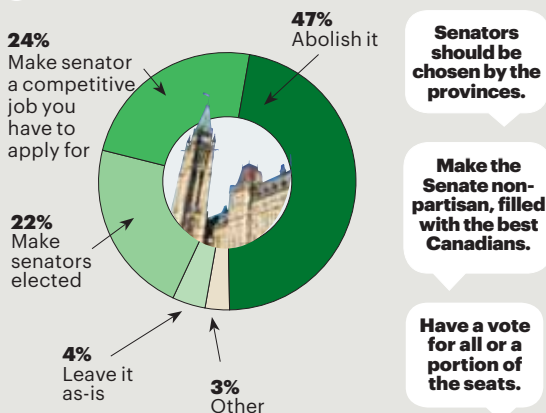
Metro MONDAY POLL

Introducing: Senator You

Visit metronews.ca every Friday to have your say.

The Trudeau government is planning to transform the Senate into an independent, non-partisan chamber — possibly the biggest change to the scandal-plagued Upper House since Confederation. Rather than being appointed as a senator, you'll have to apply for it like any other job. But plenty of critics say it's time to ditch the Senate entirely, make senators elected or enact some other radical reform. We asked our readers if they're prepared to let go of the house of sober second thought, and what they would like to see on their representatives' resumes.

1 What should be done to reform the Senate?



2 What should the government do about diversity in the senate?

33% Make the selection process merit-based only
24% Mandate gender parity and ethnic diversity
43% Neither, let's ditch the senate entirely



SENATE SPEAKER GEORGE FUREY IS ESCORTED TO HIS NEW CHAIR

3 What qualities should a senator have?

18% Extensive experience in a professional field
17% A clean financial record
15% A pleasant and not-too-partisan manner
13% A record of community service
6% A certain age (i.e., older than 35)
6% Bilingualism
3% Government or public service experience
20% None of the above, abolish the senate
2% Other

Member of the Order of Canada for at least five years.

No political affiliations at all.

Minimum age should be 50.

WE ASKED Metro readers

Learn some respect, and learn to spell too

KINGKADE'S CALGARY

Roger Kingkade



We can learn a lot from the unfortunate hateful graffiti incident at the Tuscany C-Train station.

For instance, it seems you can hate or you can spell, but you can't do both.

A couple of idiots with some gold spray paint took to the Tuscany station to paint hateful messages against Muslims and Syrian refugees. At least, I assume they are anti-Muslim sentiments. These losers painted "F*** MUSILUMS" and "KILL MUSILUMS" a bunch of times, so there is a little guess work to be done.

They also tagged a car with the slogan "KILL MUSILUMS." The driver of that car probably doesn't have an issue with Muslims, particularly because Muslims didn't deface his car.

The perps also had a hard time agreeing on the spelling of Syria when artistically expressing their disapproval of refugee resettlement in Calgary.

In fairness, we shouldn't expect world religions and geography to be the strong suits of bored bigots.

However, you can certainly draw a line between intolerance and a lack of education. This is not to say that uneducated people are intolerant. I do contend, though, that I seldom hear from racists who leave me awestruck by their breadth of knowledge and worldly experiences.

The individuals who tagged up the Tuscany LRT station have some deeply rooted insecurities they should address and some abundantly evident truths they must recognize.

For instance, the world is a much easier place to live and prosper in when you promote love and tolerance. Consider that Celine Dion's net worth

is somewhere north of \$600 million for all those songs about love and her heart and whatnot. The Beatles also experienced some success with positivity-laced songs like "All You Need is Love."

It's no coincidence that people who use their hands and their brains to make the world a better place live significantly better lives.

It is the imperative of the individual to cast themselves as either an influencer of circumstance or a victim of circumstance. The former requires effort. The latter requires ignorance.

These thugs seek to intimidate a group of people Calgary actually prefers over them. They hate and fear Muslims and Syrians for no good reason, choosing instead to erroneously believe that their lives will be negatively affected by them in some way.

This is a common tactic by the self-victimized class to

help them sleep at night. They go to bed thinking "there was nothing I could do about it. Other people are keeping me down."

There is something good to say about these jerks: They are few. They are very few. This hateful episode is not indicative of some swelling undercurrent in Calgary. We know this is a city of tolerance and respect. This episode is shameful only for the self-victimized losers who perpetrated it. We'll clean up this mess and adhere to the values of love and community that underpin this city.

And if they ever want to join us, they may. I'll even be the one to lovingly and respectfully teach them how to spell.

Roger Kingkade co-hosts the Kingkade and Breakenridge show every weekday morning at 9:30 a.m. on NewsTalk 770.

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NEW BOOK

Jonathan Franklin penned the true story of a man lost at sea for 438 days

Sidney Cohen
Metro | Canada

"Now is our time to suffer but we are not going to die."

This is what Salvador Alvarenga said to his crewmate as the two fishermen battled the gale-force winds and 18-foot waves that were pummeling their small, open-air fishing vessel off the Mexican coast.

That day in 2012 would be the first of 438 that Alvarenga would spend adrift in the Pacific Ocean.

His only companion succumbed to starvation four months in, but the ever-optimistic Alvarenga survived.

For 14 months, the resourceful seaman staved off thirst and hunger by drinking turtle blood and his own urine, and eating the raw flesh of birds that landed on his fibreglass motorboat.

He endured scorching sun, menacing sharks and unimaginable loneliness.

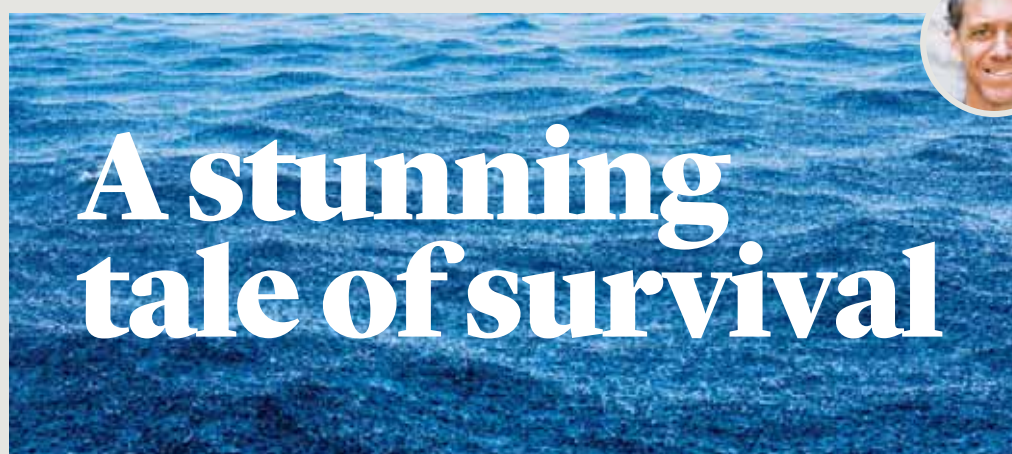
Alvarenga floated some 10,000 kilometres before washing up — bearded, dazed and legs atrophied — on an islet in Marshall Islands.

Jonathan Franklin, a Chile-based Guardian correspondent, documents Alvarenga's journey in his new book, 438 Days.

An American who travelled to Chile 17 years ago to report on the fall of Pinochet's dictatorship and never left, Franklin is no stranger to tales of extraordinary endurance.

The journalist also wrote 33 Men, a book about the 33 miners who were trapped inside a Chilean mine for more than two months. All 33 made it out alive.

Metro chatted with Franklin about researching his book and to find out



Salvador Alvarenga spent 438 days adrift in the Pacific Ocean following a storm and the death of his crewmate.

GETTY IMAGES AND CONTRIBUTED

what he's learned interviewing fascinating people with stories of survival.

What is it that draws you to stories of survival?

People have a lot more resilience than they ever realize, and I like to share that. A lot of people, when they're put up against the wall, find

this inner strength. Fortunately most of us don't have to be out on a boat or at the bottom of a mine, but it shows the strength that a lot of us have inside.

In researching 438 Days, did you go out on one of these small fishing boats?

Yeah I did. It was pretty terrifying. It's like a big canoe. It seemed that it would be so easy to flip these things because they're long and narrow, like you catch a wave on the wrong side and you flip in a second. And we were only a half-mile off shore. These guys were going 100 miles (160 kilometres).

“

It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.

438 Days author Jonathan Franklin on Salvador Alvarenga's experience

You've interviewed SWAT commandos, Timothy McVeigh, a Chilean student activist turned communist member of parliament. Has anyone really surprised you?

I thought Tim McVeigh was going to be a raving lunatic and he was a super nice guy. This guy was on death row for blowing up a building — which he admitted to blowing up — killing 168 people. And he was really smart, really funny. You wanted him to be horrible, it would've been much easier if he was a monster, but he definitely was not a monster.

438 Days has drawn comparisons to Life of Pi, the popular novel about survival at sea. Have you read that book?

I deliberately didn't. I was afraid of accidental plagiarism. My daughter gave it to me for Christmas, and I was so excited. Then I thought, "I'll just write my book and then when my book's done I'll go back and read Life of Pi."

When I went into 438 Days, I thought it was like solitary confinement, so I was reading up about prisoners who were stuck in little prison cells. Then I realized what Alvarenga had was solitary unconfinement. He had a whole thriving — although dangerous — ecosystem, which in the end is probably more healthy than mean prison guards in the sterile environment of modern prisons.

It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.

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Cycling winter's mean city streets



"I was giggling like a child the whole way."
David Shellnutt

David Shellnutt tries to ride his bicycle as much as he can through the winter. His essential items include goggles, gloves, face covering and his rubber Chuck Taylor shoes. TORSTAR NEWS SERVICE

BICYCLE COMMUTE

More urbanites are biking year-round

David Shellnutt is a hardcore winter cyclist but even he has his limits — after a 10-centimetre snowfall in Toronto last winter, he grudgingly decided to take the streetcar to work.

Then he saw the streetcar lineup, 40-people-deep. He went back to his apartment, strapped on his ski helmet and prepared to do battle with Mother Nature.

"You just had to plow through the snow like a luge run or a bobsled," he said. "I was giggling like a child the whole way. It was fun."

Cycling through city streets in the winter may seem crazy to some, but year-round cyclists say more people are joining their club. They also insist the icy cold ride is not only efficient, it's rewarding — as long as you know what you're in for.

For Laura Pin, the secret to surviving her jaw-dropping winter commute — 32 kilometres round trip thrice weekly — is layers. Lots and lots of layers.

The 29-year-old York University PhD student dons a balaclava, wool socks, long johns or leggings, ski goggles, good mittens, a helmet and a warm jacket, along with her day clothes underneath or over top.

Dedicated as she is, even Pin won't ride when roads are snowy or icy.

"You don't have a margin for

error," she said, recalling a time when she spun out after sliding on ice at an intersection.

Yvonne Bambrick, an urban cycling consultant and author of *The Urban Cycling Survival Guide* said, "Riding throughout the winter is one of the best ways to chase the winter blues away," adding that she feels like a "badass" when she cycles in the winter months.

For those new to the cycling game, Bambrick suggests taking things slow. Practice braking and turning on a quiet side road after a snowfall to practice, she advises.

But for experienced riders, obstacles can be appealing.

As for Shellnutt — a personal injury lawyer who commuted to work by bike every day last year — he'll happily continue to bypass the streetcar.

Cycling, he said, "makes me feel free."

Winter cycling tips from Jeremy Axon of Toronto's co-op bicycle shop Urbane Cyclist

1. Take your time: Even if it looks like a clear day, there can be black ice.

2. Be assertive and go at your own pace: Try and keep traffic flowing but don't endanger yourself, advises Axon.

3. Braking: Beware icy roads. "You can stop your wheel from moving but that's not necessarily going to stop you from moving," he said.

4. Plan your route accordingly: Reconsider your route if the snowplow hasn't yet made the rounds. TORSTAR NEWS SERVICE

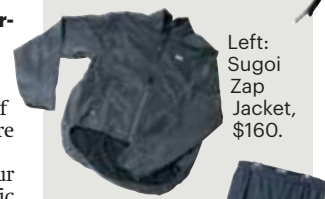
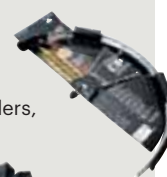
+ PROTECTION

Winter cycling gear



Left to right, above: Sugoi Midzero Balaclava, \$30; Gore Bike Wear Universal City Overshoes, \$119/pair; Sugoi Zero Lobster Glove, \$45/pair; Gore Bike Wear Universal Thermo Helmet Cap, \$50.

Right: SKS P-35 Long-board Fenders, \$60/set.



Left: Sugoi Zap Jacket, \$160.

Right: Gore Path Pant, \$220.

All items from Urbane Cyclist Worker Co-Op. TORSTAR NEWS SERVICE



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Smart money tips to get and keep you in the black

MANAGEMENT

Don't let a budget crunch knock finances off balance

Gail Vaz-Oxlade
For Metro Canada



Some people never grow up! I'm all for following your bliss, and if you can find a way to make your passion pay, then you go for it. But if you're determined to make a living doing something that doesn't pay much, you've got to be prepared to live without some of the things other people have.

And if your hunny bunny is determined to follow his or her bliss, leaving you to pick up the slack, unless you're a total masochist, you gotta know things won't end well.

Inequality

I often scratch my head when I meet a couple where one person is doing all the work and the other is having all the fun. I think to myself, "How long do they think they can keep this up before they drive away their best pal?" But human beings seem to have an enormous tolerance for suffering.

For most of us, if only one person in the relationship is making the money, and the other person is spending it, it's only a matter of time till the sucker wakes up and smells the coffee. But for some poor saps, the misery

can go on indefinitely because they just don't think they deserve better.

Rock bottom

So, how low do you have to go before you realize you've hit rock bottom?

Sometimes not even bankruptcy is enough to shock a person who has tuned out back to reality. Witness the folks who go bankrupt and then are back in a hot mess a few years later.

What's the point of going through all the nasty bankruptcy stuff if you aren't even going to bother figuring out how to live within your means?

Within your means

It should be one of the rules that you have to make a budget and learn to live on what you've got as part of the process.

Wait! It is a rule! That's why people going through debt rehabilitation aren't supposed to have access to credit.

So how is it that folks who are going through bankruptcy or a consumer proposal still have overdraft protection on their accounts? You'd have to ask their banker that question!

Pick up the pace

At some point blowing through all the money to have a here-and-now will get old, and so will you. You best pick up the pace on making more money so you can set a little somethin' somethin' aside for later days.

Start saving

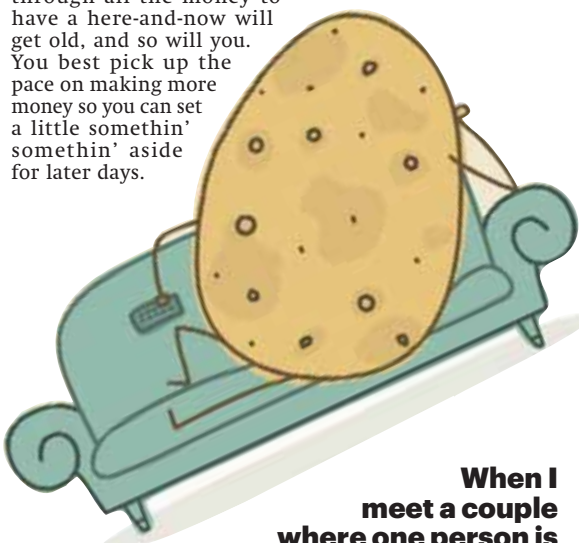
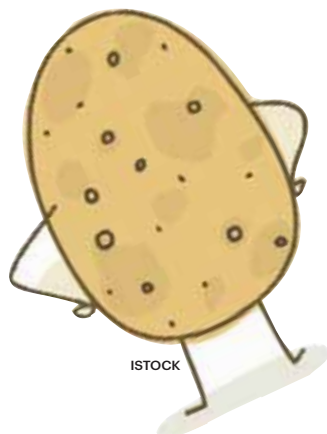
Retirement costs money, and once you stop working, you better have enough set aside to keep a roof over your head and food in your belly. Start in your early 20s and you'll only have to save 6 per cent of your income to be safe and comfortable. Wait until you're in your 40s and you'll have to ramp up the savings to 18 per cent of your income — ouch! — just to keep body and soul together.

GET STARTED

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- In six months, find another \$25 a month to add to your auto debit. In a year, find another \$25 a month. Now you're on a roll!

For more money advice, visit Gail's website at gailvazoxlade.com



When I meet a couple where one person is doing all the work and the other is having all the fun, I think to myself, "How long do they think they can keep this up?"

See the forest for the rates.

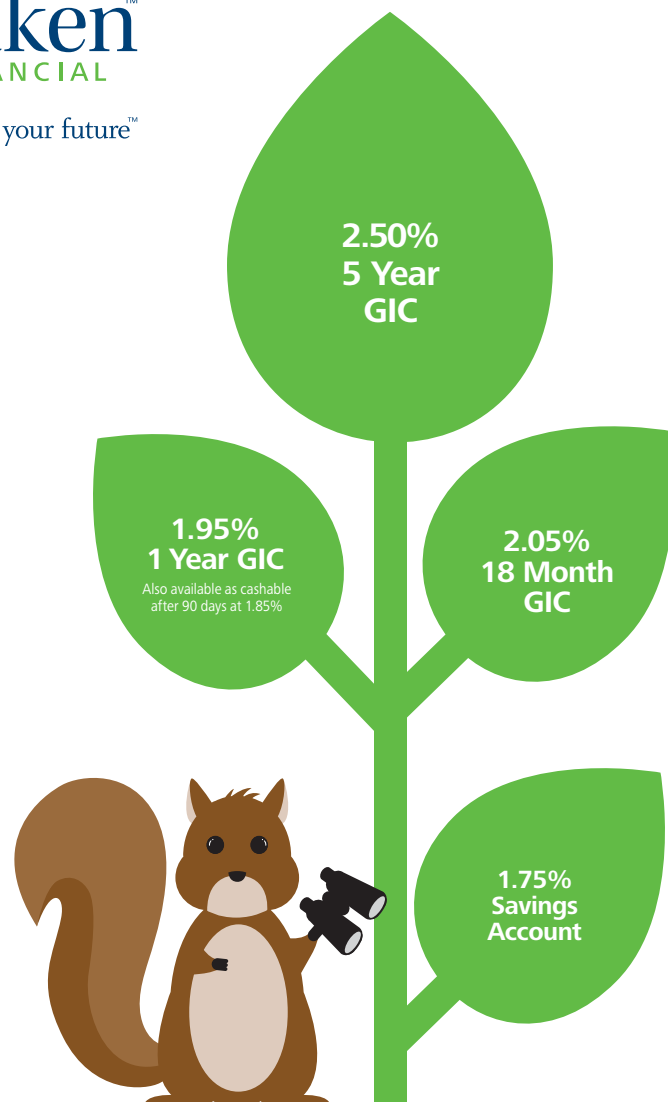
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Coding workshops aim to attract girls

HOURLY CODE

Agency offers free lessons promoting digital literacy

Kris Abel
For Metro Canada



More than 4,000 free programming lessons are being held across Canada this week as part of a global initiative promoting digital literacy. Microsoft, Apple and Amazon are giving their support to educators registered at HourOfCode.com who have prepared one-hour lessons at local schools, community centres and libraries.

The focus in particular is on attracting girls. Star Wars characters Leia and Rey along with Frozen's Anna and Elsa star in the movement's programming lessons aimed at ages four and above.

Although women hold just nine to 15 per cent of tech jobs at leading companies, girls under 12 show a strong aptitude and interest for the science

and technical skills involved. This has inspired an impressive community of volunteers and non-profit organizations who sense an opportunity to strengthen our society.

"What we're trying to do in our research is tackle really big problems and I think we need to take advantage of the creativity and innovation of our entire population," says professor Molly Shoichet, who holds a Canada research chair in tissue engineering. "We really can't depend upon just half the population to overcome these challenges."

Ladies Learning Code is one of the organizations participating this week that offer beginner-friendly, socially collaborative workshops across 22 Canadian cities year-round.

"We run one-day workshops for people who have never seen a line of code before," says co-executive director Melissa Sarifodeen. "You'll create your own website from scratch and they are beautiful websites that you can launch."

Knowing how to create your own website or run an e-mail newsletter is useful in any career choice, but the lessons are popular for their sense of accomplishment.



Kids liken coding lessons to learning a new language. HANDOUT COURTESY OF LADIES LEARNING CODE

"It's definitely the ability to create something that didn't exist," Sarifodeen explains, "this idea that you've taken something using your own hands, whether it's physical or digital, and you've created something that you can show people. That's what's addictive."

Every day this week YTV's The Zone will share what this is like by pairing their kid contributor

Miley with LadiesLearningCode.com mentor Nat Cooper.

"All my friends were telling me about it saying 'oh, you should go try one of these code classes' and then I got to try it and that was pretty fun," Miley enthuses.

Throughout the television week and online lessons at YTV.com, Miley uses HTML and CSS to make a fun, holiday card.

"It was a bit of a challenge, but I like challenges so it was pretty fun to me," she explains. "I like learning languages and it's kind of like learning this cool, computer language, so it's pretty interesting."

Across Canada you'll find community makerspaces devoted not just to programming, but electronics, engineering and even robotics. They all share

a similar approach to making their lessons inclusive.

"One thing that girls are interested in is mission-based tasks," explains Nicole Proulx, who organizes robot programming workshops at Robogals.org. "If you add a storyline, if you add a goal to it, that's something that girls are very interested in."

And encouraging girls to develop their creative problem-solving skills is a mission we can all share.

DIGITAL

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SOCIAL ANXIETY

Opting into festive fetes may ease stress

For some, just thinking about making small talk at parties induces stomach-churning anxiety.

For Piers Steel, his concerns stem from his memory.

"I'm absolutely terrible with names," says Steel, professor of human resources and organizational dynamics at the University of Calgary and author of *The Procrastination Equation*.

"I can remember the conversations we've had. It's whatever that little space in the brain (is) where names are recorded (that) needs to be reformatted," he adds with a laugh.

End-of-year parties are customary at many workplaces. But the festive fetes can be stressful for those who are averse to socializing, or feel uneasy about mingling with colleagues outside of the office.

"People might be afraid they won't have anything to say. They may be worried about coming across as boring or incompetent or uninteresting in some way," says Martin Antony, author of *The Shyness and Social Anxiety Workbook*.

"They may be worried about saying the wrong thing or offending others or looking stupid,



ISTOCK

Face your fears, attend the office party: Experts

making a mistake of some kind."

As a result, they may avoid eye contact, talk quietly or stand far away from others, which may give off the impression they aren't interested in taking part, Antony says. In other cases, some who are excessively anxious may drink too much, he adds.

While those with severe social

anxiety may be inclined to steer clear of parties, Antony says attending may be the antidote.

"We know that exposure to feared situations is one of the most powerful tools that we have for overcoming fear," says Antony, a professor of psychology at Ryerson University.

"People learn the situation

isn't as bad as they think it's going to be, and they also learn that these feared consequences don't come true."

Despite his admitted social anxiety over memorizing names, Steel says he sees real value in get-togethers.

"Any venue that you can use to create a little more camaraderie, a little bit more of a sense of belonging is just a good thing. Christmas is perfect for that. It's good from a mental health (perspective) but also performance. So why would you not want to encourage that?"

Workopolis business editor Elizabeth Bromstein says efforts should be made to help shy em-

ployees feel at ease, perhaps by having them engage with their more outgoing colleagues.

Regardless of who opts in to the holiday party, Bromstein says all attendees should make the most of the event.

"You need to stick around, you need to speak to people and make your presence known. Get in a couple of pictures, speak to your bosses, make some friends and then you can go. It's not a good idea to show up, have a drink and sneak out."

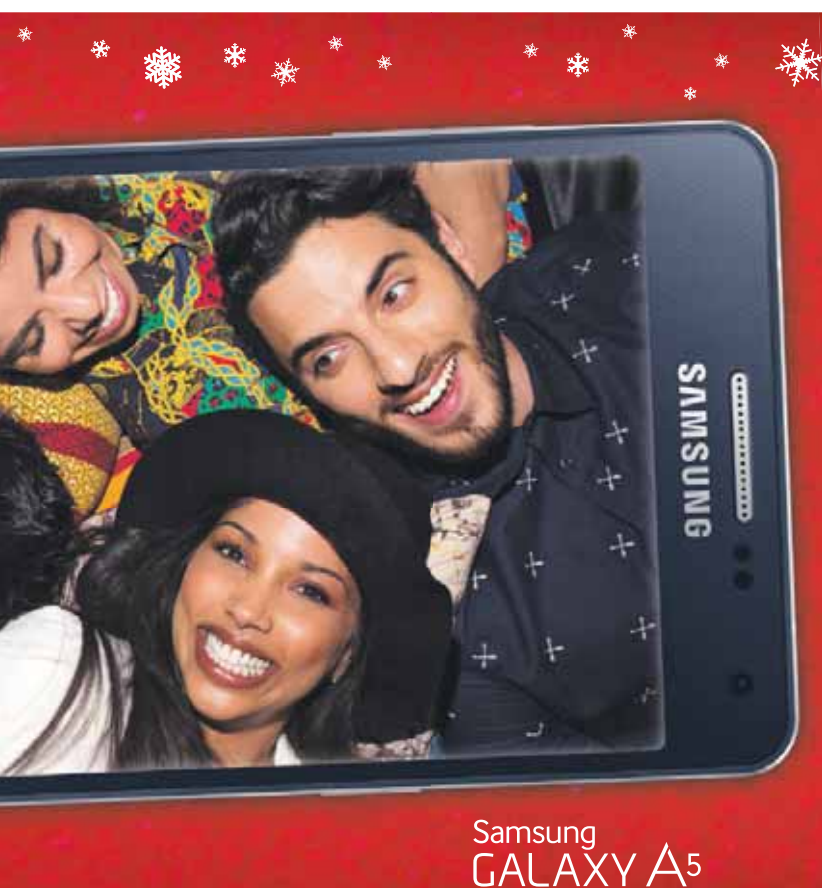
Some companies are opting to combine holiday parties with team-building events as a way to help foster rapport.

Bryan McWilliams of Canadian Outback Adventures & Events says a recent trend sees organizations using such celebrations to give back to their communities.

Employees are able to combine various skills and strengths in a variety of efforts, including building famed landmarks out of cans destined for food banks, or assembling a child's bike to donate to charity, he notes.

"With these philanthropic events, you're not really leaving the socializing and the camaraderie and getting to know your colleagues up to chance like you might at, say, a dinner event where everybody's going to sit at the same dinner table as they have done for the last 10 years," says McWilliams.

THE CANADIAN PRESS



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SNL

Gosling hosts, pays homage to Canada

It was a very Canadian opening to Saturday Night Live as host Ryan Gosling was joined on stage by fellow Canuck, and SNL alum, Mike Myers.

Gosling began the monologue speaking with a Brooklyn accent, talking about how great it was to be back in his childhood home of New York for the holidays.

And when



SNL's Cecily Strong interrupted to point out that Gosling actually hails from Cornwall, Ont., the acclaimed film star hesitantly suggested that it might not be the best time to talk about being an immigrant in the United States.

That's when Myers, wearing a Toronto Maple Leafs jersey, made his entrance and reminded Gosling of the many reasons for being a proud Canadian — "our hunky new prime minister Trudeau, Degassi Junior High, and Sir Justin Bieber," to name but a few.

There were jokes about such standby Canadianisms as saying "eh," pronouncing "about" as "a-boot," Molsons beer and deep snow.

They even trotted out Bonhomme, the Quebec City Winter Carnival mascot, before launching into a musical tribute to Christmas in Canada where SNL cast members donned red and black checked jackets — sometimes irreverently referred to as Canadian tuxedos.

THE CANADIAN PRESS

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Better with makeup on?

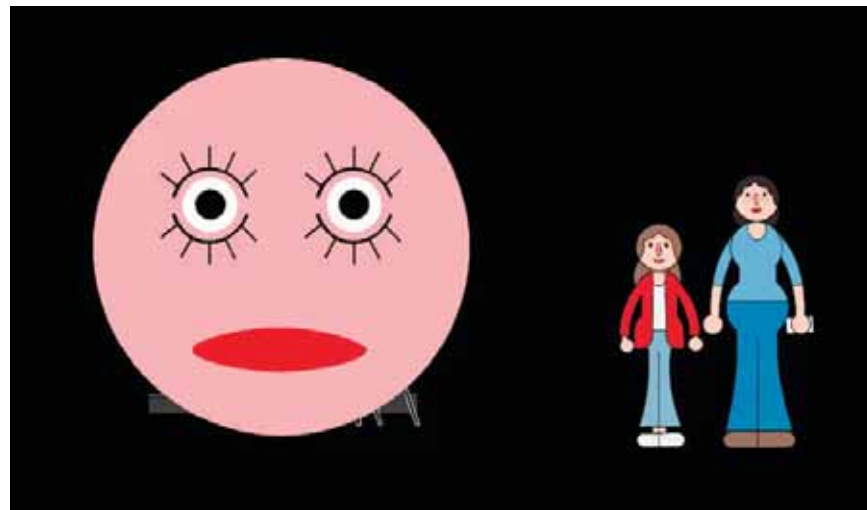
MIRROR (NewYorker.com)
THE ACCIDENTAL INSULT

In spare, modern animation, a mother watches her 13-year-old daughter apply makeup for the first time, for a Halloween costume.

"She puts on mascara, a little eyeliner, some lip gloss," the mother's voice narrates. "I look at her, and then these words come out of my mouth: 'Wow, you look so much better.'" "Wow," a man replies, laughing. The mother laughs along, audibly abashed.

As she continues her story (her daughter shrugged off the diss), something lovely happens: the screen fills with little boxes, illustrating small but significant mother/daughter moments — first steps, sliding boards, school buses — as the daughter inches toward independence.

This two-minute video was the brainchild of illustrator Chris Ware, who draws many New Yorker covers. For the Dec. 7 issue, he asked Ira Glass, the host of the radio show *This American Life*, to provide him with an audio interview that he could animate; Glass offered



Illustrator Chris Ware's two-minute video mixes radio with animation. SCREENSHOT/NEWYORKER.COM

writer Hanna Rosin's story about her daughter Noah; and the video was born.

Ware wanted, says an essay that accompanies the video, to "extend the emotion" of a magazine cover, and to see if enhancing a radio story with images lessened or enhanced

its emotional power. And obviously, both *The New Yorker* and *This American Life* are keen to add visuals to their stuff, to grab more traction online.

They're not alone: *The New York Times* recently began releasing short, 3D video docs to accompany Sunday Times

Magazine stories.

So far, these shorts are worth watching. The trend certainly is.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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4

ACTORS WHO MADE MEDIA HEADLINES THIS YEAR

Talented, moving, militant and in the media spotlight — for all these reasons and more, these four actresses landed in the news this year. **AFP**



1 Viola Davis: Queen of the small screen

The star of the series *How to Get Away With Murder* caught the public's attention by becoming the first black woman to win an Emmy award for best actress in a drama. The actress, who previously had a role in *The Help*, was very moved to have received the award, and was given a standing ovation and congratulated by peers such as Kerry Washington. In 2015, Viola Davis returned to the big screen with a role in *Suicide Squad*, a film slated for release in the summer of 2016 which will also star Will Smith, Jared Leto, Ben Affleck and Margot Robbie.



2 Alicia Vikander: Rising star

She is only 27, but Alicia Vikander has already conquered Hollywood. In 2015, this Swedish actress proved that she is a rising star by appearing in no less than five movies. First noticed for her performance as a psychologically complex robot in the science fiction thriller *Ex Machina*, she has subsequently taken on a variety of roles, including a historical biopic (*Testament of Youth*), a spy movie (*The Man from U.N.C.L.E.*) and an action drama (*Burnt*). The actress ended 2015 perfectly with the release of *The Danish Girl*, which could get her an Oscar nomination.



3 Patricia Arquette: The militant

In February, Patricia Arquette was applauded by many of her peers for her Best Supporting Actress Oscar acceptance speech. She spoke passionately about equality between men and women, especially in terms of wages, in the U.S. Her words got a particularly positive response from Meryl Streep and Jennifer Lopez, who were in the audience and are also known for speaking out on such issues.



4 Dakota Johnson: The revelation

After taking small roles in *21 Jump Street* and *The Social Network*, the daughter of Don Johnson and Melanie Griffith made her own name by accepting to play the ingénue Anastasia Steele in the movie adaptation of *Fifty Shades of Grey*. This role gave her unprecedented media exposure and international recognition, despite the criticisms of the film. In 2015, she has also starred in *Black Mass* alongside Johnny Depp.

EMERGENCY LANDING

Safe arrival for Oscar-winning actor

A plane carrying actor Morgan Freeman and his pilot blew a tire on takeoff from a Mississippi airport and made an emergency landing in which its landing gear collapsed and the plane ran off the side of a runway, authorities said. No one was injured.

Mayor Bill Luckett of Clarksdale, a friend of the 78-year-old Oscar-winning actor, told *The Associated Press* that the twin-engine plane made what he described as a controlled forced landing before nightfall Saturday at an airport in Tunica after it had taken off from another airport in the area.

Freeman issued a statement saying he was heading to Texas from Mississippi aboard his plane to shoot for the series, *The Story of God*.

"Sometimes things don't go as planned and a tire blew on takeoff, which caused other problems," Freeman said in the statement sent by his publicist. "But thanks to my excellent pilot Jimmy Hobson we landed safely without a scratch."

"I cannot say the same about my plane," Freeman added in the statement, which didn't elaborate. "I appreciate the concern and prayers for our safety."

Kathleen Bergen, a spokeswoman with the Federal Aviation Administration, identified the plane as an Emivest SJ-30 aircraft and said the plane reported a "mechanical problem" after taking off from Fletcher Field in Lyon, a community just outside Clarksdale.

An FAA statement emailed by Bergen said the plane's original destination was Sugar Land near Houston, but that the aircraft diverted to the Tunica Municipal Airport in Mississippi where it made the emergency landing at 6:15 p.m. Saturday. She confirmed its main landing gear collapsed and that the plane went off the side of the runway after landing.

The Clarksdale mayor said another plane subsequently went to Tunica to pick up the actor, who has a home in Mississippi.

THE ASSOCIATED PRESS

GOSSIP BRIEFS

New addition to Kardashian-West clan

There's officially a new Kardashian to keep up with. Kim Kardashian and Kanye West welcomed their second child, a boy, Saturday in Los Angeles. If you subscribed to Kardashian's website or downloaded her app, you already knew that because she posted an excited, all-caps announcement over the weekend revealing that "mother and son are doing well."

And while West was in New York last week accepting an award for his shoe designs, he made it back to L.A. just in time to be there for the delivery. The baby was a bit early, though, as the original due date was reportedly Christmas. NED EHRBAR/METRO HOLLYWOOD



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Bring back Britain

DINNER PARTIES

Classic British dessert is revamped for the holidays

Jennifer Friesen

With a best friend living in London, Dan Clapson always has the perfect excuse to hop on a plane and spend three weeks an ocean away — but there's a trade-off for staying with his friend once a year.

Every trip, Clapson is tasked with hosting weekly dinner parties.

Luckily, the Calgary food writer is hardly a fish out of water when hosting a dinner. Always one to experiment with new recipes, it wasn't long until he came across a simple English dessert for the occasion: posset.

"People in the UK are familiar with the dessert and they all love it," said Clapson.

"It's homey and kind of

+ HOSTING TIPS

1. "I learned this from Corey Mintz's book *How to Host a Dinner Party*: always invite one of your best friends over earlier than everybody else, because they can help you if you're frazzled."
2. "Music's important; you should always have a good playlist. And I don't think dinner party songs should ever be songs you know the words to, because it just distracts from the conversation."
3. "When people offer to do dishes at the end — always say yes. If you made the meal, I think it's totally fair."

comforting, especially during the holidays. So I started making it and, sure enough, that's what I make when I'm in London and now I brought it back here."

The posset has a custard-like texture, made simply of

cream, sugar, lemon juice and spices. Clapson said it's perfect for smaller gatherings, because with plenty of food to grapple with on the stove already, the posset is easy to make ahead of time.

It's always best to use the highest percentage of cream for the recipe, but finding 40 per cent cream isn't as easy in Canada as it is in London. Clapson said old fashioned whipping cream works as a substitute, but for the best results, he recommends using Vital Greens heavy cream from the Calgary Farmers' Market.

"This dessert's not good for you," he laughed. "But, hey, it's the holidays — it's dessert."

Clapson added "it's the toppings that make it interesting," and for the holidays it's easy to add a little crunch and some festive colour with leftover Christmas cookies.

"It's really versatile," he said.

"Because the base is so simple, most things will go with that: cookie, chocolate or peanut brittle. I think it works for everybody."

Food writer Dan Clapson started making posset as a simple dessert option for hosting small dinner parties in London, and now he's brought it back home. JENNIFER FRIESEN



LEMON GINGER POSSET WITH HOLIDAY COOKIE CRUMBLE

INGREDIENTS

¾ cup cane sugar
4 lemons (juiced and zest of 1 lemon removed and reserved with a vegetable peel)
1 1-inch piece ginger root (peeled)
1 bay leaf
2 whole cloves
1 stick cinnamon
2 ¼ cups heavy cream
2 cups crumbled assorted holiday cookies
6 small heat-safe cups

DIRECTIONS

1. Place the first 6 ingredients in a large pan and bring to a simmer on medium-high heat. Once sugar has dissolved, reduce to low and let mixture steep for 10 minutes to let aromatics infuse.
2. After 10 minutes, pour through a fine mesh strainer into a large bowl and discard aromatics.
3. Place cream in a medium pot and heat until just about to simmer on medium-high

- heat. Reduce to low heat and let cook (stir to keep from scalding) for 5 minutes.
4. Pour hot cream into the bowl with the lemon sugar mixture and stir until a custard-like consistency forms.
5. Pour into cups, let sit for 30 minutes at room temperature and place in the refrigerator to set, at least 3 ½ hours.
6. When ready to serve, remove from fridge, top with holiday cookie crumble and serve immediately.

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Panthers remain perfect

NFL
QB Newton's five-pack of TD passes denies stubborn Saints

Cam Newton and the Carolina Panthers displayed composure in the clutch. That's what unbeaten teams do. Newton passed for five touchdowns, capped by a 15-yard scoring strike to Jericho Cotchery with 1:05 to go, and the Panthers clinched the NFC South with a 41-38 victory over the Saints on Sunday.

"I expected us to win the football game," Newton said, adding he wasn't pleased by how tight the game got at the end against the reeling Saints (4-8), who've lost four straight. "We've got to find ways moving forward not to put ourselves in this position. This was a wakeup call for us. And moving forward, we know we can't just win games by us showing up."

Carolina, the only remaining undefeated team in the NFL, has the ninth 12-0 start in the Super Bowl era. The Panthers have won 16 straight regular-season games, a streak that began in the Superdome last season. Newton, who was 28 of 41 for 331 yards, twice had to lead the Panthers back from fourth-quarter deficits.

"That is one of the things that we get out of this that we will certainly build on, that (Newton) was able to win a shootout and take a drive in the fourth quarter to give us a chance," Carolina coach Ron Rivera said

SUNDAY in New Orleans

41 38
PANTHERS SAINTS

after capturing his third successive division title.

"It goes back to his whole development as a quarterback in this league. I am really proud of what he did and the confidence with which he played."

Newton was sacked once but hit numerous other times, including on his 10 rushes for 49 yards. Newton was ordered to undergo concussion testing during the third quarter, right after his 13-yard pass to Ted Ginn Jr. capped a touchdown drive during which he took a heavy hit from linebacker Michael Mauti.

Drew Brees passed for 282 yards and three touchdowns. Saints linebacker Stephone Anthony returned a fumble 31 yards for a score, and also became the first NFL player to return a blocked extra-point kick for two points. The league made a rule change to allow such plays for the first time this season.

Carolina led 27-16 after Newton's 13-yard pass to Devin Funchess, but New Orleans rallied to take a 31-27 lead on Brees' 54-yard TD to Brandin Cooks and 24-yard scoring pass to Brandon Coleman. The Panthers went back in front on Newton's 45-yard pass to Ginn. But New Orleans answered with Mark Ingram's nine-yard run with 5:21 left, forcing Newton to put together one more TD drive.



Carolina's Jonathan Stewart is tackled by Stephone Anthony and Hau'oli Kikaha of the Saints.

SEAN GARDNER/GETTY IMAGES

He narrowly pulled it off, finding tight end Greg Olsen for a first down as he rolled left on a fourth-and-4. Olsen had to fall to the field to make a, rolling fingertip grab of the underthrown pass, which was so close to hitting the turf that fans in the Superdome were roaring at replays as Saints coach Sean Payton asked for a review. Olsen finished with nine catches for 129 yards. Cooks had six catches for 104 yards for the Saints.

New Orleans' defence produced three turnovers and a touchdown in the first half.

+ ELSEWHERE

Eagles 35, Patriots 28

Najee Goode scored on a blocked punt, Malcolm Jenkins returned an interception 99 yards for another touchdown and Philadelphia held on for an improbable victory over New England.

However, the Saints' offence was unable to convert cornerback Delvin Breaux's interception or Kenny Vaccaro's recovery of Olsen's fumble into points.

Seahawks 38, Vikings 7

Russell Wilson threw for three touchdowns and rushed for another, Seattle's defence didn't allow a score, and the surging Seahawks won their third straight game with a romp over Minnesota. THE ASSOCIATED PRESS

tion or Kenny Vaccaro's recovery of Olsen's fumble into points. THE ASSOCIATED PRESS

BIATHLON

Calgarian Smith gets into world top 10

Nathan Smith moved in to the top-10 world biathlon rankings with a 10th-place finish on Sunday as a World Cup event.

Starting time behind the leaders based on results of Saturday's sprint race, the 29-year-old from Calgary looked for a podium finish but was not able to make up any ground on the field and settled in for the final spot in the top-10 at 32 minutes 37.5 seconds in the men's 12.5-kilometre pursuit race.

France's Martin Fourcade took top spot in the men's pursuit with a time of 31 minutes 22.4 seconds (1+0+1+1). Germany's Arnd Peiffer was second at 31:57.5 (0+1+0+0), while Quentin Fillon Maillet of France skied to the bronze with a time of 32:17.6 (0+0+1+1).

Macx Davies of Canmore, Alta., was getting his first start in a pursuit race. Davies grabbed the final spot in the elite group of 30 with a time of 34:11.2 (1+0+1+1).

For just the third time in the history of the sport, Canada sent four women to the start line in a pursuit race. Each of those starts have come in the last three years. Rosanna Crawford of Canmore, Alta., led the way for the Canadian women. The 27 year old held close to her start position despite a difficult day of shooting. Crawford placed 23rd at 33:26.0 (1+2+1+1).

THE CANADIAN PRESS

NHL IN BRIEF

Kane extends streak as Blackhawks defeat Jets

Teuvo Teravainen scored from a sharp angle 21 seconds into the third period to snap a tie, and Marian Hossa had a goal and an assist as the Chicago Blackhawks beat the Winnipeg Jets 3-1 on Sunday to end a three-game losing streak.

Chicago right wing Patrick Kane assisted on Artemi Panarin's empty-net goal with 1:46 left to extend his point streak to 22 games, breaking Bobby Hull's team record. THE ASSOCIATED PRESS

Rangers cruise past Sens thanks to Brassard double

Derick Brassard scored twice and Henrik Lundqvist stopped 23 shots to lead the New York Rangers to a 4-1 win over the Ottawa Senators on Sunday night.

Ryan McDonagh and Jesper Fast also scored to help the Rangers snap a two-game skid and win for the second time in seven games (2-4-1). Marc Methot scored for Ottawa and Craig Anderson finished with 27 saves.

THE ASSOCIATED PRESS

CYCLING

Beveridge pedals her way to gold medal



Allison Beveridge leads the pack during the omnium event on Sunday in Cambridge, New Zealand. PHIL WALTER/GETTY IMAGES

Calgary's Allison Beveridge won her first individual World Cup race in the omnium event at the UCI track World Cup on Sunday.

In the ultimate race of the two-day event, Beveridge won four intermediate sprints and added three more points for a total of 23 points — and a cumulative total of 201 points — putting her atop the standings for gold.

She edged reigning world champion Annette Edmondson of Australia, who finished with 188 points, and Jolien D'Hooze of Belgium with 182 points.

4

Beveridge is now in fourth place in the UCI World Cup rankings.

Beveridge also won a silver medal on Saturday in the women's team pursuit.

Meanwhile, Monique Sullivan, also from Calgary, raced her way to the bronze medal in the women's keirin.

THE CANADIAN PRESS

SKIING

Super Vonn sweeps Lake Louise clean

Lindsey Vonn won a super-G race Sunday to complete a sweep of World Cup races at Lake Louise for the third time in her career.

The American finished in a time of 1 minute, 19.79 seconds, beating Tamara Tippler of Austria by 1.32 seconds. The margin of victory was the largest in a women's super-G since 1997, according to information provided by the U.S. Ski Team. Another Austrian, Cornelia Huetter, was third.

"Whenever you win, period, let alone by over a second, it definitely gives you that little bit extra boost of confidence," said Vonn, who has 70 career World Cup victories. "I'm feeling great, and I know my super-G is good — my downhill is

14

Lindsey Vonn now has 14 downhill victories and four super-G wins at Lake Louise — referred to as "Lake Lindsey" because of her dominance there.

pretty good — so I feel like I'm in a good place for the next couple races."

Vonn captured both downhill races over the weekend for the hat trick. Vonn also accomplished the feat at the Alberta resort in 2011 and '12.

The U.S. placed four racers in the top 20, including Lauren Ross at 12th.

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Lindsey Vonn celebrates her win in the women's World Cup Super-G in Lake Louise, Sunday. THE CANADIAN PRESS/JEFF MCINTOSH

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Development of the new Las Vegas Arena cost \$325 million US. THE CANADIAN PRESS FILE PHOTO

Expansion hot topic but NHL play it cool

BOARD OF GOVERNORS

Sport's chiefs 'roll up sleeves' on Quebec City and Las Vegas

It was during the NHL board of governors meeting a year ago that potential Las Vegas ownership got the green light to proceed with a season-ticket drive. That development came out of nowhere.

There remains no firm timeline on expansion, though this week's board meetings could take the process another step further. The executive committee is scheduled to meet before the big group Monday in Pebble

Beach, Calif., to review expansion presentations from Las Vegas and Quebec City.

The earliest expansion could happen is the 2017-18 season, something deputy commissioner Bill Daly said last month was still possible even if the board doesn't vote this week. Such a vote to approve or decline expansion is not expected.

"We really haven't canvassed the ownership as a group," Daly said last month. "(The executive committee meeting will) be really the first time where we kind of roll up our sleeves and talk about the applications."

Quebecor and Bill Foley's Black Knight Sports & Entertainment presented to the board in September in New York. That came on the heels of the Hockey Vision Las Vegas ticket drive receiving 13,500 season-ticket deposits and the brand-new Videotron Centre in Quebec City selling out for a pre-season game between the Montreal Canadiens and Pittsburgh Penguins.

Quebecor showed the board a DVD of that successful night. Commissioner Gary Bettman said in September that it "wasn't a bad thing that the

building was test-driven."

"Were we surprised that it was sold out? Absolutely not. I could've told you that before they did it," Bettman said. "Unlike Vegas, where they ran a season-ticket drive because people really questioned whether there was interest in professional sports in a unique market like that, nobody had any doubt that there was fan interest in Quebec City."

One thing that's clear is the league is in no rush to make the decision. "This is an important business decision, and it doesn't get governed by PR or politics or various pressures," Bettman said. "You've got to make a decision for the right reasons."

THE CANADIAN PRESS

"This doesn't get governed by PR or politics or pressure."

Gary Bettman

IN BRIEF

Bubba blows away the field for victory at Albany

Bubba Watson wasn't even planning to play in the Hero World Challenge. He left no doubt Sunday who was going to win.

With two quick birdies, Watson was never seriously challenged at Albany Golf Club and sailed home to a 6-under 66 for a three-shot victory over Patrick Reed.

Watson didn't make a bogey all weekend until the final hole, and by then it didn't matter except in the record book.

THE ASSOCIATED PRESS

Curry and Co. shine again as Warriors move to 22-0

Stephen Curry scored 16 of his 28 points in the third quarter and the Golden State Warriors ran their NBA-record start to 22-0 by beating the Brooklyn Nets 114-98 on Sunday night.

Draymond Green added 22 points, nine rebounds and seven assists. The Warriors, who won their 26th in a row overall in the regular season, are now one behind the 2012-13 Miami Heat for the second-longest streak in NBA history.

THE ASSOCIATED PRESS

PLAY Friday's Answers from your daily crossword and Sudoku



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metronews.ca/games

RECIPE Chicken Noodle Soup



PHOTO: MAMA VINNYE

Ceri Marsh & Laura Keogh
For Metro Canada

It's not just grandmas who will tell you that a bowl of chicken noodle soup will fight off a cold — science has proved it! Plus, there's nothing more comforting on a cold night.

Ready in
Prep time: 30 minutes
Serves 8

Ingredients

- 2 Tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced

- 1 Tbsp thyme (fresh or dried)
- 1 bay leaf
- 2 x 940 ml containers low-sodium chicken stock
- 250g noodles
- 1 1/2 cup cooked chicken (poached or use leftovers)
- Salt and pepper to taste

Directions

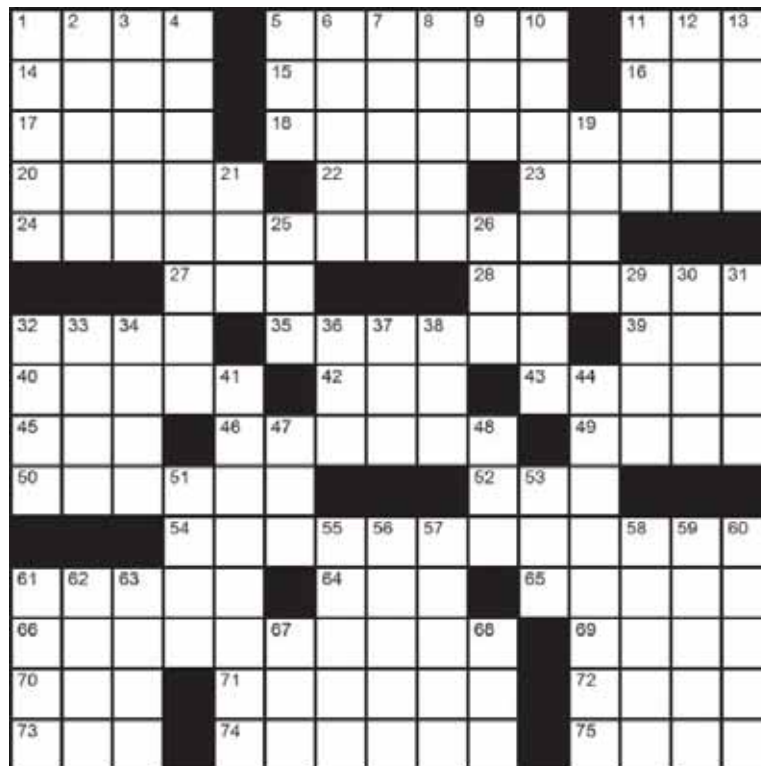
1. In a large pot, sauté onion, garlic, carrots, celery, thyme and bay leaf in olive oil over medium heat until soft, about 6 minutes.

2. Add stock and bring to a simmer. Add noodles until just cooked. Add chicken. Check for seasoning.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

- Celebrated caped Count, curtly
- 'The Father of Independent India', Mahatma _ (b.1869 - d.1948)
- Carrie Underwood honour, e.g.
- Ontario's Casino _
- Treasures
- Rowboat steerer
- 'U' of ICU
- Their crafts are celebrated at the Bata museum in Toronto
- Inklings
- "Notes _ Scandal" (2006)
- Overly feast
- Perturbed
- Select
- Firstborn
- Ointment
- Backpackers' lodging
- Mr. Tolstoy
- Accused's defence
- Teensy
- Ore evaluation
- Zodiac species
- Handle
- Checks for accuracy
- Had heavenly hopes
- Alphabetic trio
- Canadian groups The Diamonds or The Crewcuts: 2 wds.
- One-of-some going up/down
- Lionel Richie's "Stuck on _"
- Gloria Bunker's mother
- _ nose (Actor's looks-changer)

- Pace
- Diving bird variety
- _ Teagarden (Fictional librarian/sleuth of murder mysteries)
- Atomic Number 92, for short
- "Sure thing."
- Smaller in importance

75. Graduate

DOWN

- Stonehenge ritualist
- The Amazing _ (Toronto-born magician/skeptic)
- Vivienne's friends
- Burial chamber beneath the city

- Vehicle's energizer
- Type of specific-purpose committee 2 wds.
- Peter of Hermit's Hermits
- Gloom
- Tailoring alteration site
- Spanish queen

- called 'The Catholic' (b.1451 - d.1504) who was a backer of explorer Christopher Columbus
- Filmmaker brothers Joel or Ethan
- Ms. Helgenberger
- "Come on, Dover, move yer bloomin' "

- _" - Eliza goading a racehorse in "My Fair Lady" (1964)
- Scottish captain of 17th-century seas
- Soak
- _ degree
- Gridiron support
- "So what _ is new?"
- Flyer's spot
- Santa's sack stash
- Poet
- Axillary
- 'L' of household cleaning brand CLR
- Newman's _ (Salad dressing brand)
- Home of baseball's Mariners, briefly
- Young sheep
- Legendarily long living/lasting
- _ Islands (Arctic Ocean archipelago in Nunavut)
- Airport tower [acronym]
- French coin of yore
- Notice: French
- "Lost" star, Daniel _ Kim
- _ Rock (Oz postcard photo)
- Tennyson poem, The _ Eaters
- About 25 sheets of paper
- Lady's crown
- Singing legend Ms. James'
- Afterwardses
- _ or neuter
- Loyal
- Says it's hunky-dory
- Tint
- Ford fabrication

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There will be a certain amount of confusion this week, and maybe deliberate deception as well. Part of you instinctively knows the answers so listen to it you won't go far wrong.

Taurus April 21 - May 21
You seem to be immensely popular, most likely due to the influence of Venus moving through the relationship area of your chart. So long as you don't take liberties others will do almost anything for you.

Gemini May 22 - June 21
Your mind is focused on personal issues and until you have got them sorted out you won't be able to give the professional side of your life the attention it requires.

Cancer June 22 - July 23
Cosmic activity in your fellow Water sign of Scorpio gives you the kind of can-do attitude that will get jobs done. But you find time to remind loved ones how much you care.

Leo July 24 - Aug. 23
Don't let feelings get in the way of facts today. The Moon's eclipse of Venus in one of the more emotional areas of your chart means you won't be thinking straight, so keep your opinions to yourself.

Virgo Aug. 24 - Sept. 23
Someone you meet on your travels could have an unexpected effect on your emotions. Be careful how you behave — what seems like a fling to you may be taken seriously by them.

Libra Sept. 24 - Oct. 23
Money and status may be important to you but no matter how successful you are the most important things in life are your relationships. You are rich in love and that's what counts.

Scorpio Oct. 24 - Nov. 22
Don't let anything stop you from having fun. Others may say you're being irresponsible but the more you let your hair down now the more work you will get done later.

Sagittarius Nov. 23 - Dec. 21
It may seem as if the most interesting events are taking place elsewhere but is that true or is it just that you fear being left out? Don't worry. You will find the balance between getting work done and having fun.

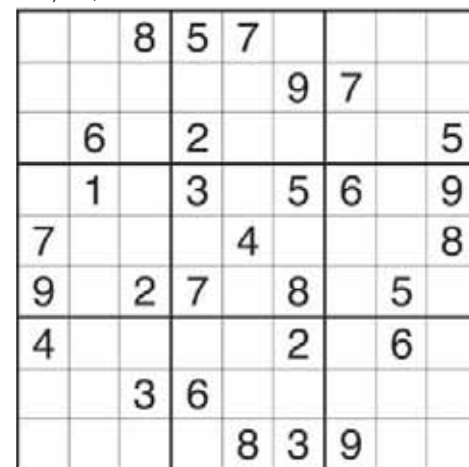
Capricorn Dec. 22 - Jan. 20
You can afford to be generous as the new week begins, especially when dealing with people who have not been as fortunate as you. Remember to try not to judge others too harshly.

Aquarius Jan. 21 - Feb. 19
If someone tries to abuse their authority today you must not let them get away with it. Find ways to let them see that they have let themselves down. Shame is a powerful weapon.

Pisces Feb. 20 - March 20
Strike out in a new direction. Don't think about it or you will come up with a thousand reasons for not moving forward. Just act and deal with the consequences later.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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